

PUBLIC SUBMISSION

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Docket: [IRS-2009-0008](#)

Request for Information for Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

Comment On: [IRS-2009-0008-0001](#)

Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

Document: [IRS-2009-0008-0085](#)

Comment on FR Doc # E9-09629

Submitter Information

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General Comment

Re: Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (Request for Information)

To Whom it May Concern,

I have been a provider of biofeedback services as part of a medical team for almost ten years. Within the practice, biofeedback services are utilized as effective treatment for headache, anxiety, chronic pain conditions, and hypertension. The patients coming to the office are seeking natural alternatives to medication. When they achieve symptom relief, they are surprised that their own physician hadn't recommended a course biofeedback instead of a purely pharmacological approach. A course of biofeedback instructs the patient to reduce and manage their symptoms by altering their own physiology. This process requires the patient to shift their behavior to take more responsibility for their own health. These positive behavior changes will have long-term health benefits to the patient and should serve to reduce utilization of the health care system in the future.